



RED WHITE & BLUE INVITATIONAL
HOSTED BY CYPRESS FAIRBANKS SWIM CLUB

Hosted by Fleet Swimming – Cy Fair Swim Club

At the Klein High School Natatorium

On Friday July 1, Saturday July 2, and Sunday July 3, 2011

An NWAL Sanctioned Timed Finals, Dual Time Standard Division Swim Meet

Please read this invitation thoroughly and keep it for future reference.

Important Highlights:

- Most events will be scored per individual age. See section on **Awards** on page 8.
- Individual High Point Awards are awarded based on points scored for team regardless of which time division the points were scored in. See section on **Awards** on page 9.
- ALL No Times (NT) entries will be automatically DELETED from the meet. Check your entry export file and reports.
- Swimmers may enter all events they are qualified for.
- Indoor Air-Conditioned Set-Up Available in Common Area
- Late entries are allowed. See section on **Late Entries** on page 7.
- Team Entry personnel need to be available the week before the meet for any questions that arise.
- Teams will have to supply timers for the meet based on their number of swimmers entered each day. Check the Fleet and NWAL web sites for timing & warm up assignments.

MEET REFEREE:

Tom Jones

Phone: 281-376-6625, email twjones@earthlink.net**MEET DIRECTOR:**

John Swank

Phone: 281-360-9657, email J.Swank@shell.com

John Fedena

Phone: 281-376-2372, email coachjohn@fleetswimming.com**LOCATION:**

Klein High School, 16715 Stuebner Airline, Klein, TX 77379. From Highway 249, exit Louetta Road heading eastbound for approximately 4 miles. Klein High School is at the corner of Steubner Airline Drive and Louetta Road. From the Woodlands, take I-45 south and exit Louetta Road heading westbound for approximately 6 miles.

POOL:

Eight (8) lane, 25 Yard pool with non-turbulent lane lines. There is no separate warm up/down area. A Colorado Model 5000 electronic timing system will be used. Two watches per lane will be used as backup. All spectators are asked to stay in the stands only when watching their swimmer and to then go back to their set-up area in between events. This will allow everyone a chance to see their athlete swim.

SWIMMER REST AREA:

During the meet, on Saturday and Sunday, swimmers and their families may set up inside the Kleb Middle School in the Gym and Cafeteria. There are bathrooms available inside the school and pool areas.

Parking is limited to the designated areas. No one will be allowed to park along the street and must park in designated lots. Emergency vehicles must be able to get through in the event of an emergency. There will be volunteers who will help in directing traffic.

The entire pool deck is off limits at all times for set up. There will be no saving of seats or set up allowed in the Natatorium at any time. All spectators are asked to stay in the pool area only when watching their swimmer and to then go back to their set-up area in between events. This will allow everyone a chance to see their athlete swim.

There will be no designated team areas. Swimmers and teams may set up wherever they want in the area allowed for our use by the school district. No throwing of balls, Frisbees or any other activities deemed unsafe by the school or meet personnel will be allowed indoors.

Time And Date:**Friday: July 1st, 2011**

14 & Under and 15-18, 100 Free and 13-14, 15-18, 100 Individual Medley

Warm-Up at 4:30 PM, Meet starts at 6:30 PM

Saturday: July 2nd, 2011

All 10 & Under events

Warm-Ups at 7:15 AM, Meet starts at 9:00 AM

Sunday: July 3rd, 2011

The remainder of the 11 & Over events

Warm-Up at 7:15 AM, Meet starts at 9:00 AM

WARM UPS:

Teams will be placed in warm-up groups based on the number of athletes entered into the meet each day. Warm-Ups will start at 4:30 PM on Friday and 7:15 AM on Saturday and Sunday. Lane assignments for warm-ups will be designated in the Meet Program & posted on the Fleet and NWAL web sites. The Team Warm-Up schedule will be posted on the FLEET website, Wednesday, June 29th (www.fleetswimming.com)

TIMING ASSIGNMENTS:

Teams will be assigned timing lane assignments based on the number of athletes entered into the meet each day. It will be the responsibility of Teams to keep the timing chairs filled.

OFFICIALS:

Only those officials certified by NWAL for the current season will officiate at the meet. Officials who are interested in working an assigned position at the meet must notify the meet referee (twjones@earthlink.net) in advance, preferably before Wednesday, June 29th. An official's sign-in sheet will be posted each morning by the pool entrance. This sheet will be pulled down promptly at 5:30 PM Friday and at 8:00 AM Saturday and Sunday to make daily assignments. **There will be a meeting of all officials at 5:45 PM Friday and 8:15 AM Saturday and Sunday in the hospitality room adjacent to the pool entrance.**

MEET FORMAT:

This is a timed finals, NWAL sanctioned Invitational meet divided into two time standard divisions – The Red and the Blue. Swimmers must meet either the Red or the Blue qualification times in either yards or meters; however, they cannot meet or exceed the Blue cut off times (which is The Ponderosa Qualification Time). Relay swimmers cannot meet or exceed the Blue cut off time in the stroke they are swimming on a relay. Each individual event will have both Red and Blue qualified swimmers swimming combined, but they will be separated for scoring and awards. Relays will not be separated into Red and Blue divisions and will be scored as one time standard division.

ENTRY INFORMATION:

The screenshot shows the 'Meet Entries...' window for the '2011 Red, White & Blue' meet. The interface is divided into several sections:

- Filters:** Includes dropdowns for Team, Group, Subgroup, WM Group, WM Subgroup, and School Year. It also has radio buttons for 'All', 'Male', and 'Female' under 'Gen | Age | Sess / Div'.
- Other Options:** A section with checkboxes for 'Show Times Unconverted' (checked), 'Include Proof of Time' (checked), 'Include Team Awards' (unchecked), 'Indicate Converted Times' (unchecked), and 'Do Not Show Entry Times' (unchecked). This section is circled in red.
- Stroke / Distance Filters:** Includes dropdowns for 'Stroke' and 'Distance'.
- Event Filters:** Includes radio buttons for 'Individual', 'Relay', and 'Individual and Relays'.
- Standards | Points:** Includes radio buttons for 'None', 'LEN Points', 'Hy-Tek Age Group', 'GB Points', 'Hy-Tek Single Year', 'GB BAG Points', 'Hy-Tek Open', 'NISCA Points', 'FINA Points', and 'SNZ Points'.
- Sort by:** Includes radio buttons for 'Meet Event Number', 'Meet Event Heat/Lane', 'Name', 'Name (1 Swimmer per Page)', and 'Stroke and Distance'. The 'Age' radio button is circled in red.
- Buttons:** 'Create Report' and 'Cancel' buttons are at the bottom.

Entry Deadline :

Entries will be processed by email or hand-delivery. **Email entry deadline is 6:00 PM Monday June 27, 2011.** We will start accepting emails Saturday June 18, 2011. All emails should include contact information of the team entry person. Entries should be sent to: John Fedena, email coachjohn@fleetswimming.com

If you email your entries, you must include as an attachment your Team Manager Individual Entry report as well as your Team Manger Relay Entry Report showing all four swimmers. These will be your official entry reports. These entry reports should be sent as PDF or Word documents only.

When you create your Team Manager Individual Entry Report, you need to do the following:

- Sort by Age
- Show Times Unconverted
- Include Proof of Times

Your Individual Meet Entry Report screen should look like this:

For your Relay Entry Report you must show four swimmers and your screen will look like this:

The screenshot shows the 'Meet Entries...' application window. The 'Meet' dropdown is set to '2011 Red, White & Blue'. The 'Filters' section includes 'Gen | Age | Sess / Div' with radio buttons for 'All', 'Male', and 'Female'. The 'Other Options' section has checkboxes for 'Show Times Unconverted', 'Include Proof of Time', 'Include Team Address', 'Indicate Converted Times', and 'Do Not Show Entry Times'. The 'Show Relay Swimmers' section has radio buttons for 'None', 'Show Four', and 'Show Eight', with 'Show Four' selected. The 'Event Filters' section has radio buttons for 'Individual', 'Relay', and 'Individual and Relays', with 'Relay' selected. The 'Stroke / Distance Filters' section has dropdowns for 'Stroke' and 'Distance'. The 'Sort by' section has radio buttons for 'Meet Event Number', 'Meet Event Heat/Lane', and 'Meet Event Heat/Lane (1 per page)'. At the bottom right are buttons for 'Create Report' and 'Cancel'.

All teams will be notified by email when their entries have been received and imported. You will also be notified by email of any entry problems found in your entry file.

All teams who email their entries must send their checks Overnight Express, No Signature Required, which must be received before 10:30 AM Tuesday, June 28th or the team will be removed from the Meet.

If you choose to hand-deliver your entries, you must deliver them to the Fleet Aquatic Center at 14654 Spring Cypress Road, Cypress, TX 77429, between 9:00 AM and 6 PM Monday, June 27th. Hand-delivered entries must include both the zipped cl2 file and the hard copy Team Manager Individual Entry report, sorted by age with proof of times, as well as the Team Manager Entry Report for Relays showing all four swimmers.

Entries must be submitted in course swum (qualified). Meter qualifying times will be converted to yards by Meet Manager Database. All times must be Official times that are the swimmer's best times, for both individual and relay events, and have been made at a sanctioned NWAL meet or sanctioned Invitational during the 2011 NWAL season as stated in the NWAL rule book under Seeding. An Official Time is one that was swum without disqualification at a meet which was sanctioned by NWAL in the current season. No Time Trial times are allowed for individual or relay entries. As per Divisional rules, swimmers must have swum in at least two NWAL sanctioned Dual meets during the current season to be eligible to swim at this Invitational. Entries submitted with NT (no time) will not be permitted and will be deleted from the meet. The seed time for relays must be established by adding the fastest official times of the individual swimmers entered in the relay for the stroke they are swimming.

Do not convert the swimmer's times by hand and enter them into the custom time box.

The screenshot shows the 'Meet Maintenance' window with the following details:

- Meet Information:**
 - Meet Name: 2011 Red, White & Blue Hosted by Fleet
 - Location: Klein High School Natatorium
 - Remarks: (empty)
 - Instructions/Directions: (empty)
 - Course: Y
 - Meet Type: (empty)
 - Sanction #: (empty)
 - Masters Meet:
 - Restrict Entry Best Times to same Meet Type:
 - Enforce Qualifying Times: (circled in red)
 - Swimmer must meet Slower than Q Time in All Courses:
 - If Swimmer Qualifies for non-Conforming course, Enter a Minimum Q Time:
 - Do NOT Allow No Time Entries:
 - Altitude in Feet: 0
 - Minimum Age Eligibility / Filter for Open Events: 0
- Dates:**
 - Start Date: July 1, 2011
 - End Date: July 3, 2011
 - Age-up Date: May 31, 2011
 - Use Times Since: May 19, 2011 (circled in red)
 - Use Since Date:
- Entry Fees:**
 - Individual Events: \$5.00
 - Relay Events: \$10.00
 - Swimmer Surcharge: \$0.00
 - Team Surcharge: \$0.00
 - Facility Surcharge: \$0.00
 - Buttons: Update Ind Fees, Update Rel Fees
- Conversion Factor:**
 - Non-Conforming Course Factor: 0
 - Use to convert results times for non-standard pool sizes.
- Buttons:** OK, Cancel

Teams should download the 2011 RWB Time Standard file and the Meet Event Set Up File to import into their Team Manager and Meet Manager software. These will be posted at www.fleetswimming.com and NWAL web site at www.nwal.org.

After the Meet Event Set Up file is imported into your Team Manager software, please make sure to check the "Enforce Qualifying Times" box on the Meet Maintenance Screen and also to fill in May 19, 2011 (the official start of the 2011 NWAL season) in the Use Times Since field.

When the **2011RWB.st2 Time Standard file** is imported into Meet Manager software, you will be able to run top times reports that will indicate who is qualified for the meet in either yards or meters. When the Meet Event Set-Up File is imported into Team Manager, teams will be able to run Eligibility Reports and the meet will be set up for entry personnel to complete their entries for the meet.

PLEASE NOTE:

Teams are asked to check the Athlete Roster that will be posted on the FLEET website no later than Tuesday evening, June 28th. This list will be sorted by team and will list each entered athlete alphabetically, along with the number of events they are entered in. If number of events they are entered in. If a swimmer was left off of a team's entries, late entries are allowed. For questions about any entry related matter please contact John Fedena at coachjohn@fleetswimming.com or 281-376-2372.

Make sure to send or bring the following when you turn in entries:

1. Individual Meet Entry report, sorted by age, showing times unconverted and including Proof of Times, using only times from sanctioned meets this season (check the "Use Times Since Date" in meet set up).
2. Relay Entry Report with all four names shown.
3. Team Manager Entry export on email or Flash drive or CD.
4. Team Summary sheet, included with this invitation, filled out completely.
5. Payment – checks are made out to CFSC.

LATE ENTRIES:

Late entries will be accepted each day of the meet according to the following parameters:

1. Entries must be submitted to the Clerk Of Course by 5:45 p.m. Friday and by 8:15 a.m. Saturday and Sunday.
2. Proof of qualifying time will be required. Either Hy-Tek Team Manager Top Times Report or a new Meet Entry Report with proof of time, for the swimmer in question, must be presented with the entry.
3. The fee is ten dollars (\$10.00) per each Individual Entry and twenty dollars (\$20.00) per each Relay Entry. Fees must be paid to the Clerk Of Course at the time of entry.

Late entries will be placed into empty lanes ONLY. Empty lanes may appear in the first and sometimes the second heat of an event. Swimmers will be put into the fastest empty lanes available on a first-come, first-serve basis until all heats are full. Events will not be re-seeded.

SEEDING:

The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the meet. There will be no reseeding at the ready bench. The heat and lane assignments will be shown in the Meet Program that is for sale. Coaches must turn in any relay changes for the 6 & under Freestyle and Medley relays by 8:15 AM and for the other Freestyle relays by 10:00 AM.

All entry lists shall have the fastest Official Times listed on them. An Official Time is one that was swum without disqualification at a meet which was sanctioned by the NWAL in the current season. Split times are not official times. Official Times shall be used for all Invitational meet entries, including relay entries.

AGE:

As of May 31, 2011. A swimmer may swim up throughout the meet as per NWAL rules.

NUMBER OF EVENTS:

Swimmers may enter all individual and relay events for which they qualify.

QUALIFICATIONS:

Swimmers whose entry time meets the Red qualification times will be competing against other swimmers in Red Division for points and awards. Swimmers whose entry time meets the Blue qualification time will be competing against other swimmers in Blue Division for points and awards. No swimmers may enter an event in which they have a Ponderosa time nor may they swim that stroke on a relay. The seed time for relays must be established by adding the fastest official times of the swimmers on the relay, in the stroke they are swimming on the relay. Relays that have swimmers swimming strokes in which they have a Ponderosa time will be disqualified and will forfeit their awards. The swimmers actually swimming the relay must be recorded on the entry card.

CUT OFF TIMES:

2011 Ponderosa qualifying times

AWARDS:

There will be a total of 24 awards given out per scoring category. Therefore all events except 6 & Under, there will be 48 awards given out per event.

Individual Awards: Blue time standard division - Medals 1st – 3rd, Ribbons 4th – 12th place,
Red time standard division – Medals 1st – 3rd, Ribbons 4th – 12th place.

Multi-age group events will be swum together and scored separately. Awards will be given out per individual age for each event as follows:

- 6 & Under events** – awards for 6 & Unders only
- 8 & Under events** – awards for 8 year olds and 7 & Unders
- 10 & Under events** – awards for 10 year olds and 9 & Unders
- 14 & Under events** – awards for 14 year olds and 13 & Unders
- 7-8 events** – awards for 7 year olds and 8 year olds
- 9-10 events** – awards for 9 year olds and 10 year olds
- 11-12 events** – awards for 11 year olds and 12 year olds
- 13-14 events** – awards for 13 year olds and 14 year olds
- 15-18 events** – awards for 15-16 year olds and 17-18 year olds

Heat Awards: Awards will be given to the heat winners in the 10 & Under individual events upon their exiting the pool after their race.

Relay Awards: Medals 1st place, Ribbons 2nd – 12th place.

Individual High Point: High Point awards for boys and girls will be awarded by age for the following:
6 & Unders, 7, 8, 9, 10, 11, 12, 13, 14, 15-16 and 17-18 year olds.

This will be based on scoring in individual events only (no relays points used). Ties will be broken. In the event of a tie, the tie-breaker will be the swimmer with the most 1st place finishes. If that is a tie, then the number of 2nd place finishes will be used, and so on until the tie is broken. This is a high point award. Scoring is not separated into Blue and Red divisions. The winners are the swimmers who score the most points for their team regardless of what division they made the points in.

SCORING:

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 in both Blue and Red Divisions

Relay Events: 32-26-24-22-20-18-14-10-8-6-4-2

Team Trophies: Trophies will be awarded to the top three teams in each Team Size Division (A, B or C). Teams will be divided into groups based on the number of swimmers they enter into the meet. Team groups will be posted on the Fleet web site at least three days before the meet at www.fleetswimming.com. Awards should be picked up at the Awards Counter as soon as they are ready after the results for that event are posted. Team trophies will be presented as soon as the results are tabulated after the meet is completed on Sunday. High point awards for the 10 & Under events will be presented at the end of the day on Saturday and at the end of the day on Sunday for the 11 & Over events. Please be prepared to pick up your High Point Awards and Team Trophy at that time. Awards not picked up at the meet will be available for pick up at the Fleet office. If teams do not come by July 11th to pick up awards left at the meet, FLEET will not be responsible for their condition.

RULES AND SANCTIONS:

This is a NWAL sanctioned meet and all regular 2011 NWAL rules will be observed. All swimmers must be in good standing with NWAL. Swimmers may only compete in one age group for the entire meet as per NWAL rules. If a swimmer swims up, they must compete in that age group for the entire meet. All times must be official best times that were made by the swimmer this 2011 NWAL season at either a Dual, Approved Intersquad, Divisional, or Invitational meet as stated in the NWAL rule book

READY BENCH:

This meet is Pre-Seeded, which means all heat and lane assignments will be made prior to the meet. The Ready Bench area is off limits to parents, coaches and spectators as per NWAL rules. The only exception to this is the required 10 & Under relay volunteer mentioned below. Ready Bench and On Deck personnel will assist the swimmers in the ready area and at the blocks. It is the swimmers' responsibility to be at the ready bench area on time. Swimmers in the first event each day (Girl's 14 & Under 100 Free on Friday, Girl's 10 & Under 100 IM on Saturday and Girl's 11-12 50 Free on Sunday) should report to the Ready Bench at 6:15 p.m. Friday and 8:45 a.m. Saturday and Sunday. For 10 & Under Relay events only, each team must supply a parent volunteer to help organize and shepherd each relay team. Teams may have one volunteer per age group/gender. When the volunteer's help is no longer needed at the Ready Bench they will be asked to clear the area.

TIMING SYSTEM:

An electronic timing system will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments for the teams will be published in the heat sheet and on the Fleet Web Site at www.fleetswimming.com.

POOL DECK RESTRICTION:

Because of Insurance and Safety Regulations, the swimming pool deck and ready bench areas, both inside and outside the pool, is closed to all persons except swimmers, marshals, coaches, officials, meet personnel, and timers as per NWAL rules. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

FOOD:

Lenny's Sub Shop will have a full line of breakfast and lunch items available for purchase at the meet. Menu items include breakfast burritos, pancakes, Philly cheese steak (either beef or chicken) cheeseburger, fajita taco (either beef or chicken) cold subs and all beef hotdogs.

T-SHIRTS AND RETAIL ITEMS:

The 2011 Red, White & Blue Meet t-shirt, towels, blankets, and Meet Programs, will be for sale in our retail area. **D&J Sports** will be at the meet selling a complete line of swim gear and apparel.



Parking:

There is plenty of parking in the parking lots around the pool and school buildings. People are asked to park only in the designated areas that we are allowed to park in by the Klein School District. All driveways must be kept clear at all times for emergency vehicles.

HOSPITALITY:

There will be a Hospitality room at the meet. The Hospitality room is for NWAL team coaches, Meet Officials and Meet Volunteers only. Proof of credentials may be required. No children, lane timers or other people not listed will be permitted entrance.

COACHES PACKETS:

Packets for each team will be available for pick up by the coaches at the Clerk of Course. These will include their daily meet program, preprinted relay cards for any relays that they have entered and any other pertinent information. The relay cards will need to be turned in, either with no changes or with any swimmer and time adjustments, by 8:15 AM for the 6 & Under Freestyle and Medley relays and by 10:00 AM for the other Freestyle relays. If any swimmer changes are made on the relays, it is the coach's responsibility to make sure that the adjusted relays do not include any swimmers swimming a stroke in which they have a Ponderosa time. Any relay found to have a swimmer swimming a stroke in which they have a Ponderosa time will be disqualified and will forfeit all awards. All swimmers must be shown in the order in which they will swim on the relay.

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- C. Safety Marshals
 - 1. Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. The meet referee may exercise additional adjudication authority as necessary.
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are off limits.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of NWAL meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

TEAM SUMMARY SHEET

All Items on this sheet must be filled in. This sheet must be turned in with your entries.

TEAM NAME: _____

TEAM ABBREVIATION: _____

TEAM POOL ADDRESS:

Street: _____

City & Zip _____

TEAM REPRESENTATIVE & PHONE #: _____

TEAM ENTRY PERSON & PHONE #: _____

OFFICIALS AVAILABLE FROM TEAM & PHONE #s:

NUMBER OF INDIVIDUAL ENTRIES: _____ X \$5.00 = _____

NUMBER OF RELAY ENTRIES: _____ X \$10.00 = _____

ENTRY FEE AMOUNT: _____

CFSC USE:

Payment Received: _____ Check # or Cash _____

Initial: _____ Entry List Checked: _____ Initial: _

2011 Red, White and Blue Invitational for NWAL Swimmers - July 1 - 3, 2011

Hosted by Fleet Swimming - A Speedo Sponsored Team

Time Standards Report METERS

CUT OFF	BLUE QUAL	RED QUAL	BOY		GIRL		RED QUAL	BLUE QUAL	CUT OFF
			EVENT #		EVENT #				
FRIDAY EVENING EVENTS									
1:05.77	1:13.70	1:21.36	2	14&U 100 Free	1	1:24.35	1:18.36	1:09.86	
1:00.24	1:08.18	1:15.31	4	15-18 100 Free	3	1:23.81	1:17.26	1:09.04	
1:17.87	1:29.12	1:40.33	6	13-14 100 IM	5	1:42.00	1:32.45	1:22.00	
1:09.92	1:19.13	1:28.42	8	15-18 100 IM	7	1:39.97	1:30.31	1:20.16	
SATURDAY EVENTS									
1:39.11	1:50.99	2:01.88	10	10&U 100 IM	9	1:58.97	1:48.03	1:36.51	
			12	6&U 100 Free Relay	11				
			14	8&U 100 Medley Relay	13				
			16	9-10 100 Medley Relay	15				
25.31	29.09	32.93	18	6&U 25 Free	17	33.73	29.90	25.53	
19.04	21.77	23.65	20	7-8 25 Free	19	22.77	21.27	19.31	
16.46	18.08	19.30	22	9-10 25 Free	21	19.30	18.47	16.65	
26.67	30.10	33.76	24	8&U 25 Breast	23	32.92	29.77	26.70	
22.78	25.72	27.74	26	9-10 25 Breast	25	26.85	25.25	22.26	
30.77	35.66	40.28	28	6&U 25 Back	27	39.88	35.12	30.14	
24.14	27.87	30.57	30	7-8 25 Back	29	29.26	26.85	24.01	
21.18	23.64	25.75	32	9-10 25 Back	31	24.59	22.97	20.92	
23.31	27.34	30.69	34	8&U 25 Fly	33	29.39	26.07	22.61	
19.00	22.14	24.84	36	9-10 25 Fly	35	23.18	21.12	18.48	
			38	7-8 100 Free Relay	37				
			40	9-10 100 Free Relay	39				
SUNDAY EVENTS									
33.19	36.77	39.84	42	11-12 50 Free	41	38.73	36.84	33.13	
29.36	33.29	36.62	44	13-14 50 Free	43	37.91	35.51	31.56	
26.88	30.18	34.14	46	15-18 50 Free	45	37.74	34.62	31.00	
			48	11-12 200 Medley Relay	47				
			50	13-14 200 Medley Relay	49				
			52	15-18 200 Medley Relay	51				
1:28.49	1:39.20	1:49.77	54	11-12 100 IM	53	1:44.34	1:36.77	1:27.14	
30.05	34.51	39.48	56	15-18 50 Fly	55	43.87	39.37	34.78	
33.19	38.23	42.47	58	13-14 50 Fly	57	45.01	40.55	35.30	
38.91	44.26	49.69	60	11-12 50 Fly	59	47.69	43.18	38.38	
33.36	38.06	43.01	62	15-18 50 Back	61	47.69	42.45	37.21	
36.63	41.71	46.35	64	13-14 50 Back	63	47.40	43.72	38.05	
41.06	48.05	50.80	66	11-12 50 Back	65	48.33	44.72	40.07	
35.53	41.70	46.45	68	15-18 50 Breast	67	52.05	46.29	41.85	
39.07	44.97	49.97	70	13-14 50 Breast	69	51.15	47.83	42.17	
44.53	49.89	54.69	72	11-12 50 Breast	71	53.00	49.38	44.12	
			74	15-18 200 Free Relay	73				
			76	13-14 200 Free Relay	75				
			78	11-12 200 Free Relay	77				

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2011 Red, White and Blue Invitational for NWAL Swimmers - July 1 - 3, 2011

Hosted by Fleet Swimming - A Speedo Sponsored Team

Time Standards Report YARDS

			BOY				GIRL			
CUT OFF	BLUE QUAL	RED QUAL	EVENT #				EVENT #	RED QUAL	BLUE QUAL	CUT OFF
FRIDAY EVENING EVENTS										
59.25	1:06.40	1:13.30	2	14&U 100 Free	1	1:15.99	1:10.59	1:02.94		
54.27	1:01.42	1:07.85	4	15-18 100 Free	3	1:15.50	1:09.60	1:02.20		
1:10.15	1:20.29	1:30.39	6	13-14 100 IM	5	1:31.89	1:23.29	1:13.87		
1:02.99	1:11.29	1:19.66	8	15-18 100 IM	7	1:30.06	1:21.36	1:12.22		
SATURDAY EVENTS										
1:29.29	1:39.99	1:49.80	10	10&U 100 IM	9	1:47.18	1:37.32	1:26.95		
			12	6&U 100 Free Relay	11					
			14	8&U 100 Medley Relay	13					
			16	9-10 100 Medley Relay	15					
22.80	26.21	29.67	18	6&U 25 Free	17	30.39	26.94	23.00		
17.15	19.61	21.31	20	7-8 25 Free	19	20.51	19.16	17.40		
14.83	16.29	17.39	22	9-10 25 Free	21	17.39	16.64	15.00		
24.03	27.12	30.41	24	8&U 25 Breast	23	29.66	26.82	24.05		
20.52	23.17	24.99	26	9-10 25 Breast	25	24.19	22.75	20.05		
27.72	32.13	36.29	28	6&U 25 Back	27	35.93	31.64	27.15		
21.75	25.11	27.54	30	7-8 25 Back	29	26.36	24.19	21.63		
19.08	21.30	23.20	32	9-10 25 Back	31	22.15	20.69	18.85		
21.00	24.63	27.65	34	8&U 25 Fly	33	26.48	23.49	20.37		
17.12	19.95	22.38	36	9-10 25 Fly	35	20.88	19.03	16.65		
			38	7-8 100 Free Relay	37					
			40	9-10 100 Free Relay	39					
SUNDAY EVENTS										
29.90	33.13	35.89	42	11-12 50 Free	41	34.89	33.19	29.85		
26.45	29.99	32.99	44	13-14 50 Free	43	34.15	31.99	28.43		
24.22	27.19	30.76	46	15-18 50 Free	45	34.00	31.19	27.93		
			48	11-12 200 Medley Relay	47					
			50	13-14 200 Medley Relay	49					
			52	15-18 200 Medley Relay	51					
1:19.72	1:29.37	1:38.89	54	11-12 100 IM	53	1:34.00	1:27.18	1:18.50		
27.07	31.09	35.57	56	15-18 50 Fly	55	39.52	35.47	31.33		
29.90	34.44	38.26	58	13-14 50 Fly	57	40.55	36.53	31.80		
35.05	39.87	44.77	60	11-12 50 Fly	59	42.96	38.90	34.58		
30.05	34.29	38.75	62	15-18 50 Back	61	42.96	38.24	33.52		
33.00	37.58	41.76	64	13-14 50 Back	63	42.70	39.39	34.28		
36.99	43.29	45.77	66	11-12 50 Back	65	43.54	40.29	36.10		
32.01	37.57	41.85	68	15-18 50 Breast	67	46.89	41.70	37.70		
35.20	40.51	45.02	70	13-14 50 Breast	69	46.08	43.09	37.99		
40.12	44.95	49.27	72	11-12 50 Breast	71	47.75	44.49	39.75		
			74	15-18 200 Free Relay	73					
			76	13-14 200 Free Relay	75					
			78	11-12 200 Free Relay	77					

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2011 Red, White and Blue Advertising and Spirit Ad Rates



Full Page Spirit Ads for NWAL Teams @ \$40 per page

Cheer on your swimmers, thank your sponsors and show your team pride

Please bring Hard Copy Ad or Ad in PDF format on CD or flash drive to
Entry Drop Off at the Fleet

Aquatic Center at 14654 Spring Cypress Rd., Cypress, TX 77429 on Monday, June 20th between 9 AM and 6 PM.

This will be printed in the Meet Program that is for sale at the Meet.

Team Name: _____

Number of Pages @ \$40 each _____ = \$ _____

Business Ads

Contact John Fedena at coachjohn@fleetswimming.com with any questions

Full Page: 7 inches X 9.5 inches @ \$200

Half Page: 7 inches X 4.5 inches @ \$100

Quarter Page: 3 inches X 4.5 inches @ \$65

Business Card: 2 inches X 3 inches @ 25

Please send Ads in PDF, JPG or BMP format to coachjohn@fleetswimming.com or mail business cards in with payment. Ads must be camera ready, black and white only. Ads can be sent in BEFORE the entry deadline at any time. Email verification will be sent upon their receipt. Payment must be received NO LATER THAN Monday June 20th. Checks should be made payable to CFSC and mailed to:

CFSC
11659 Jones Rd. PMB #351
Houston, TX 77070

**Ads for other USA Swimming teams and learn to swim programs will not be accepted. We appreciate your cooperation.*